

HOPPIN' HAWKS JUMP ROPE CLUB!

AT PROSPECT MILL ELEMENTARY

Programs for Grades 1 – 9



AMAZING ROPE JUMPING is taking place in Harford County! Come join the excitement!! Rope jumping is FUN – a great way to increase COORDINATION, PHYSICAL FITNESS, and to CROSS-TRAIN for other sports. Hundreds of children experience instructional, systematic, rope jumping the “Hoppin’ Hawks Way!” Our instructional programs run for eight weeks; they are open to any girl or boy who wants to jump rope. JUMPERS WILL LEARN single rope skills, partner challenges, speed and power moves, long rope tricks, choreographed group routines & Double Dutch. Jumpers are placed on ability teams and advance to higher level teams when ready. All new jumpers begin on our intro team: TALONS.

QUESTIONS? E-MAIL: hoppin_hawks@yahoo.com

THURSDAY NIGHT CLASSES:

TALONS (5:30 p.m. – 6:25 p.m.)

WINGS (6:30 p.m. – 7:25 p.m.)

SOAR / F.I.T (7:30 p.m. – 8:50 p.m.)

**Spring Session: March 16 –
May 11**

**WHAT TO BRING: Water Bottle, Good
Jumping Clothes, Jump Rope***

Enrollment is limited. Registrations are accepted on a first come/serve basis and will only be accepted at the first practice if spaces are still available. Ensure yourself a space by registering early! Please DO NOT drop off your registration form at the Recreation Complex; PLEASE MAIL! * We sell high quality performance bead ropes for \$6.00 at practice.

REGISTRATION FEE: \$30.00/per person/per session for Talons or Wings

\$35.00/per person/per session for Soar and F.I.T

MAKE CHECKS PAYABLE TO: CHURCHVILLE RECREATION COUNCIL

MAIL TO: HOPPIN' HAWKS, P.O. BOX 81, ABERDEEN, MD 21001

Please cut and return this portion with your payment.

Jumper's Name: _____ Home Phone: _____

Email address: _____ Grade: _____

Class: ☐ Talons ☒ ~~Wings~~ FILLED ☐ Soar ☐ F.I.T.

? **SPRING**

Amt. Enclosed: _____ (NO REFUNDS. \$25 assessed fee for returned checks)

I understand there are inherent risks involved with the sport of jump rope and that my child is not covered by any program insurance. I will not hold the Churchville Rec. Council, Hoppin' Hawks Jump Rope Club, or the instructors responsible for injuries received while participating in the above noted program(s). I will inform the instructors of any physical condition my child has that could be aggravated through physical activity.

Parent Signature: _____ Date: _____